

Retrospective

The Obesity Landscape Prior to the Roundtable on Obesity Solutions: *Crisis Control*

Shiriki K. Kumanyika, Ph.D., M.P.H., M.S.

Research Professor, Department of Community Health & Prevention,
Dana & David Dornsife School of Public Health, Drexel University

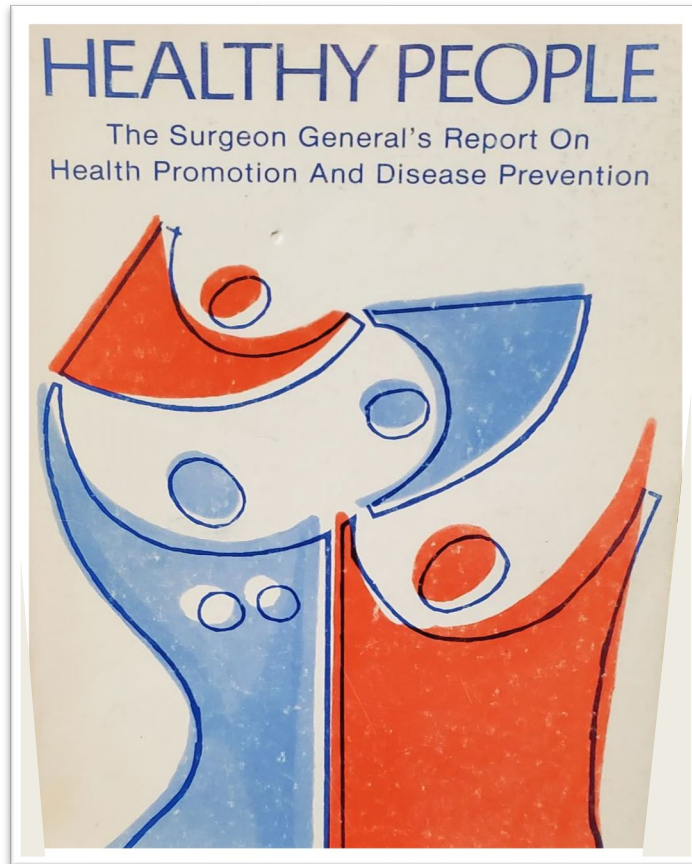
Emeritus Professor of Epidemiology, University of Pennsylvania

Founder, Council on Black Health

Chair, NASEM Food and Nutrition Board

Roundtable on Obesity Solutions 10th Anniversary
July 24, 2024

Public health context – 1979 and 1980



Shift in focus from infectious to chronic diseases

Shift in nutrition focus from hunger to “overconsumption”

Focus on “lifestyle” change

Not yet policy and environmental change



Establishing the “Obesity Epidemic”

1994	The CDC recognizes trends of increased obesity in adults
1995	The CDC recognizes trends of increased obesity in children and adolescents
1998	The National Heart Lung and Blood institute publishes clinical guidelines for obesity with BMI cut offs of 25 for overweight in 30, 35 and 40 for three grades of obesity in adults
1999	JAMA publishes an issue on obesity with CDC maps of US obesity prevalence by state
2000	The CDC issues BMI for age charts for children 2 to 20 years of age

Original Contributions

Increasing Prevalence of Overweight Among US Adults

The National Health and Nutrition Examination Surveys, 1960 to 1991

Robert J. Kuczmarski, DrPH, RD; Katherine M. Flegal, PhD; Stephen M. Campbell, MHS; Clifford L. Johnson, MSPH

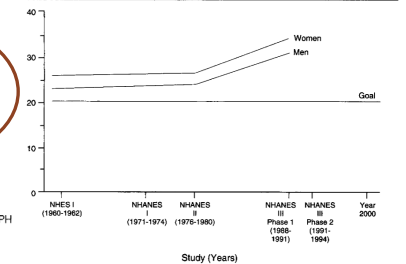
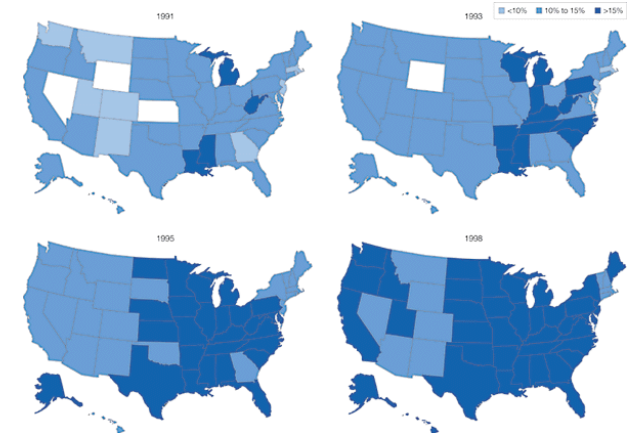


Fig 2.—Trends in age-adjusted prevalence of overweight for the US population 20 through 74 years of age, compared with the year 2000 health objective for overweight. NHES indicates National Health Examination Survey; NHANES, National Health and Nutrition Examination Survey.



Mokdad and Serdula, JAMA Oct 1999

See Kumanyika and Dietz, N Engl J Med 2020 Dec 3;383(23):2197-2200.

Questioning of NHANES data and BMI definitions (vs. skinfolds)

Evolution of BMI cutoffs for overweight and obesity

Use of the term “epidemic”

Where to focus - children only ?

Parental responsibility?

Personal responsibility vs. societal context

Racial/ethnic disparities - biological destiny?

Prominent issues and controversies

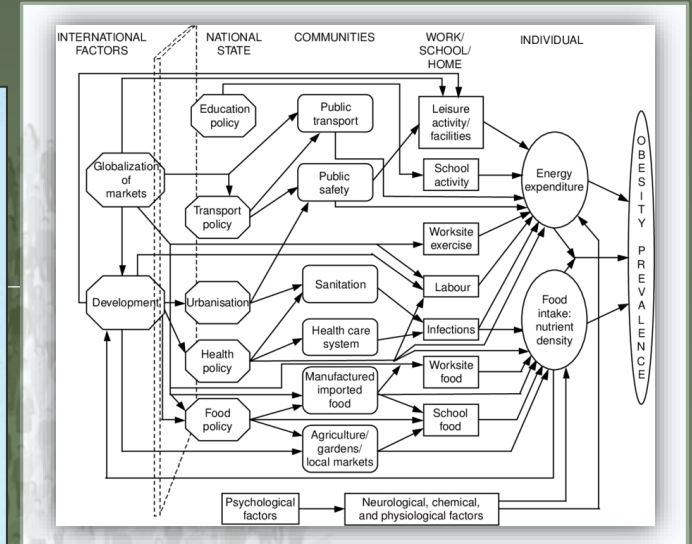
A solid orange horizontal bar at the bottom of the slide.

Global Perspective

World Health Organization
declaration of global epidemic of
obesity

International Obesity Task Force -
Causal Web

Analysis of other social movements
and relevant international
initiatives



Original International Obesity Task Force Causal Web of Societal Influences on the Prevalence of Obesity. Figure developed by C Ritenbaugh, S Kumanyika, A Morabia, R Jeffrey and V Antipatis, 1999; final version published as Kumanyika et al, Int J Obesity 2002

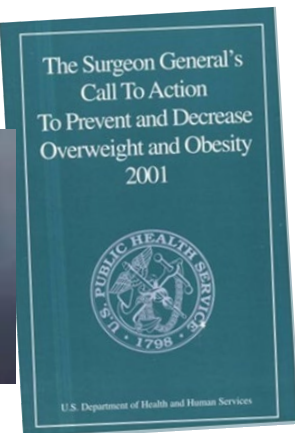
What Lessons Have Been Learned From Other Attempts to Guide Social Change?

Christina D. Economos, Ph.D., Tufts University School of Nutrition Science and Policy, Boston, MA; Ross C. Brownson, Ph.D., Saint Louis University School of Public Health, St. Louis, MO; Michael A. DeAngelis, M.S., M.P.H., R.D., Porter Novelli, Washington, DC; Susan B. Foerster, M.P.H., R.D., California Department of Health Services, Sacramento, CA; Carol Tucker Foreman, Ph.D., The Food Policy Institute, Consumer Federation of America, Washington, DC; Jennifer Gregson, M.P.H., C.H.E.S., California Department of Health Services, Sacramento, CA; Shiriki K. Kumanyika, Ph.D., R.D., M.P.H., University of Pennsylvania School of Medicine; Russell R. Pate, Ph.D., School of Public Health, University of South Carolina, Columbia, SC.

Nutrition Reviews, 2001



2001-2003	2004-2006	2007-2009	2010-2012
Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity (David Satcher)	NIH Strategic Plan for Obesity Research	CDC Weight of the Nation Conference 2008 Physical Activity Guidelines for Americans Federal Working Group on Food Marketing to Children	Launch of Michelle Obama's <i>Let's Move</i> Campaign White House Task Force Report on Childhood Obesity Prevention 2010 Dietary Guidelines



Milestones 2001-2012: Federal GUIDANCE

Adapted from Table 2-6 and Box 2-3 in the Accelerating Progress in Obesity Prevention Report, NAP, 2012

American Recovery and
Reinvestment
Act

2001-2003

2004-2006

2007-2009

2010-2012

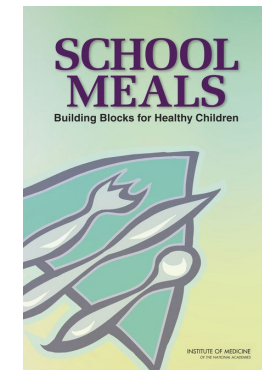
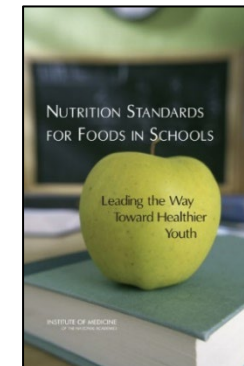
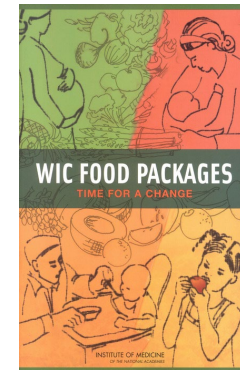
Child Nutrition and WIC
Reauthorization
(June 30, 2004)

Safe Routes to School
Program, Safe,
Accountable, Flexible,
and Efficient
Transportation Equity
Act (August 10, 2005)

ARRA funding for CDC's
"Communities Putting
Prevention to Work"

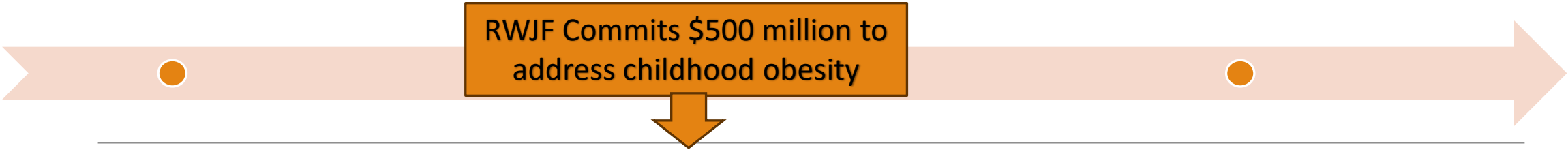
USDA's interim rule to
modify the WIC food
package

Healthy, Hunger-Free Kids Act
(December 13, 2010)



Milestones 2001-2012: Federal POLICY

Adapted from Table 2-6 and Box 2-3 in the Accelerating Progress in Obesity Prevention Report, NAP, 2012



RWJF Commits \$500 million to
address childhood obesity

2001-2003

2004-2006

2007-2009

2010-2012

Convergence
Partnership for
Healthy Eating and
Active Living

American Heart
Association and
Clinton Foundation
Alliance for a
Healthier Generation

Children's Food and
Beverage Advertising
Initiative

RWJF Commitment
to reverse the
childhood obesity
epidemic by 2015

National
Collaborative on
Childhood Obesity
Research (NCCOR)

Partnership for a Healthier America (Let's
Move)

Healthy Weight Commitment – food
manufacturers commit to removing
calories from the food supply

Milestones 2001-2012: Non-profit/private sector

Adapted from Table 2-6 and Box 2-3 in the Accelerating Progress in Obesity Prevention Report, NAP, 2012

Half-a-Billion Dollars to Beat Obesity

By ABC News

April 4, 2007, 6:16 PM

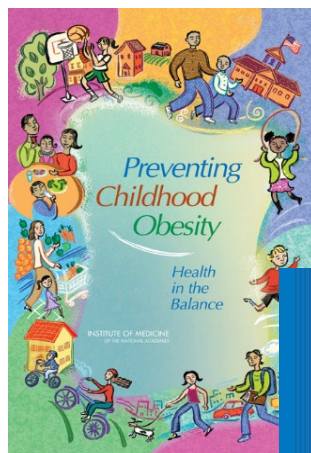


"This is the largest commitment we've ever made as a foundation," says Dr. James Marks, senior vice president and director of health programs for the Robert Wood Johnson Foundation.

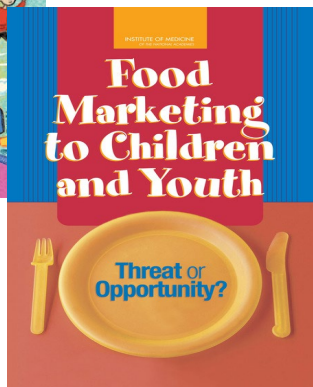
Source: <https://abcnews.go.com/Health/Exercise/story?id=3008868&page=1>

Formation of the IOM Standing
Committee on Prevention of
Childhood Obesity

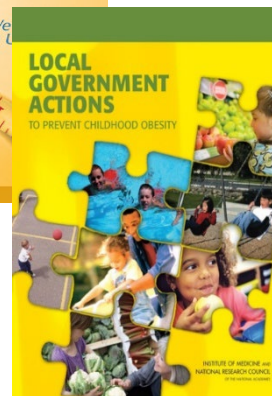
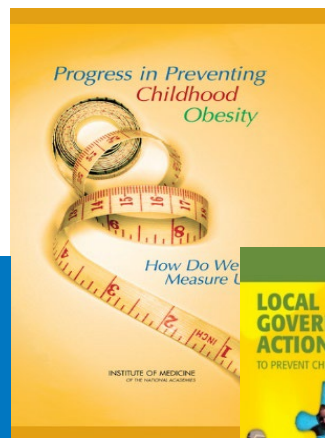
2001-2003



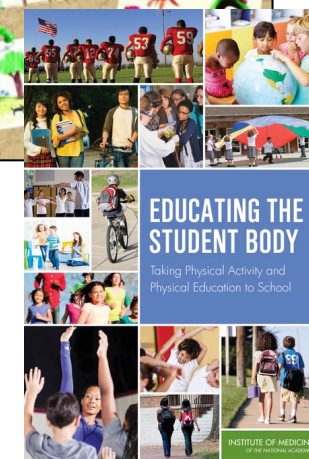
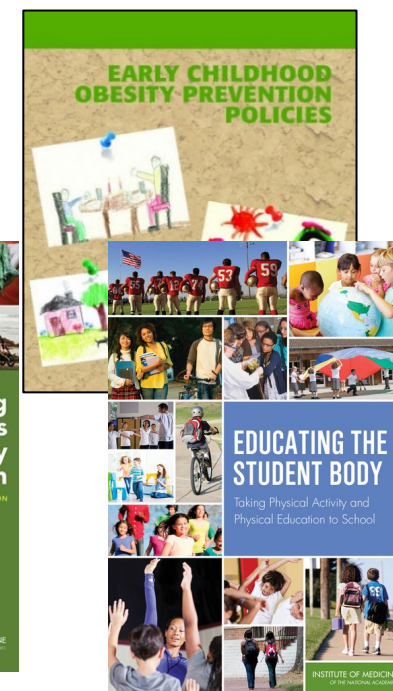
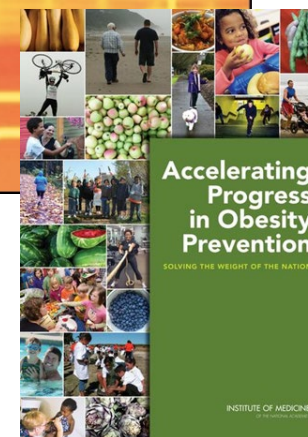
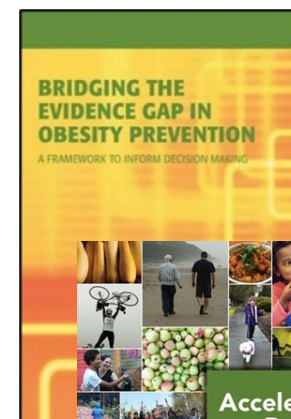
2004-2006



2007-2009



2010-2012



Milestones 2001-2012:IOM guidance

Adapted from Table 2-6 and Box 2-3 in the Accelerating Progress in Obesity Prevention Report, NAP, 2012

CONSENSUS STUDIES: SPONSORS

Centers for Disease Control and Prevention (CDC)

Robert Wood Johnson Foundation (RWJF)

National Institutes of Health (NIH)

United States Department of Agriculture (USDA)

Kaiser Permanente (KP)

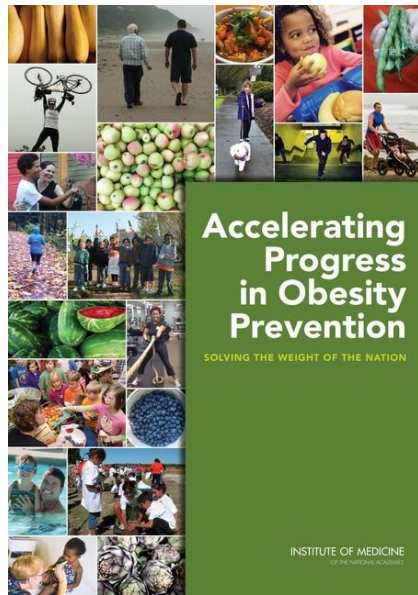
Michael and Susan Dell Foundation

Standing Committee on Childhood Obesity Prevention (2007-2013): CONTINUITY

Jeffrey P. Koplan (Chair)	Patricia B. Crawford	Neil Nicoll	Eduardo J. Sanchez
Shiriki Kumanyika	William H. Dietz	Russell R. Pate	Mary T. Story
(Chair)	Adam Drewnowski	John E. Pepper, Jr	Stephen Teret
Leann L. Birch	Christina Economos	John Edward Porter	Joseph W. Thompson
Kelly D. Brownell	Donald T. Floyd, Jr	William Purcell, III	Ellen Wartella
Debbie I. Chang	James R. Gavin, III	Thomas N. Robinson	Antronette K. Yancey
Celeste A. Clark	Reynaldo Martorell	James F. Sallis	

Funded by the Robert Wood Johnson Foundation

“Inflection Point” – The APPOP report!



Chaired by Dan Glickman,
Former US Secretary of
Agriculture

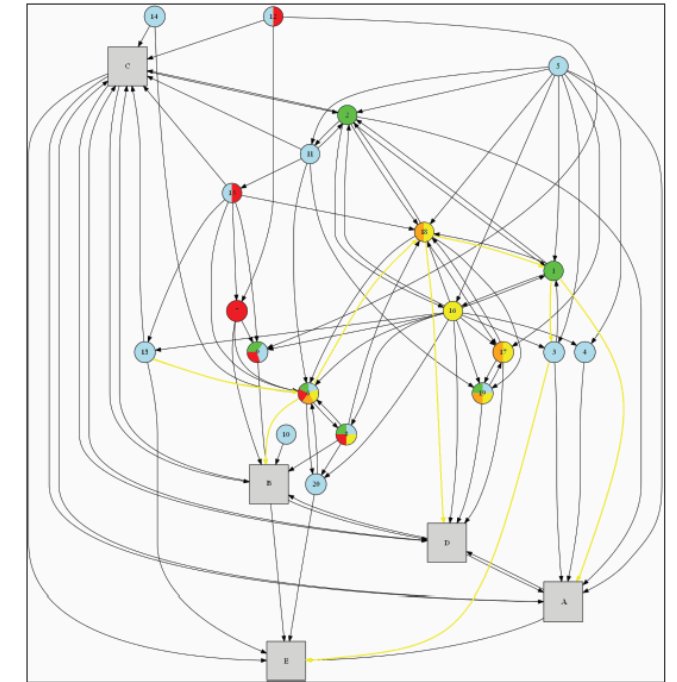
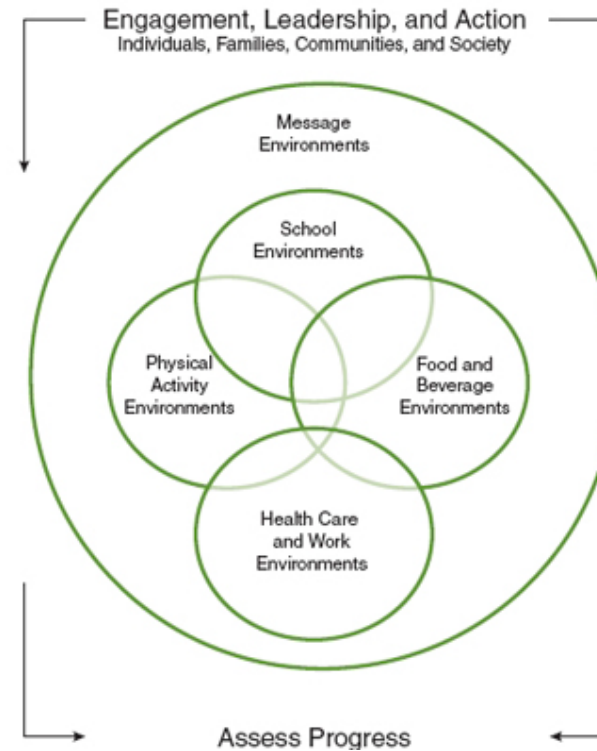
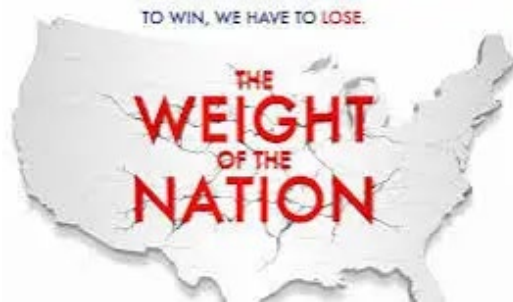
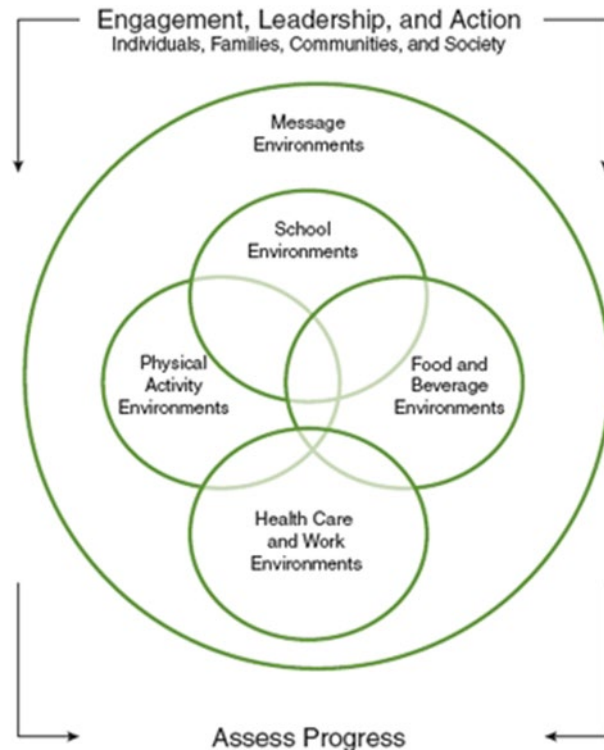


FIGURE B-6 An example of long-chain connections. Key directional arrows are highlighted in yellow.

Action Recommendations: Setting and Systems

Adapted from Table 2-6 and Box 2-3 in the Accelerating Progress in Obesity Prevention Report, NAP, 2012

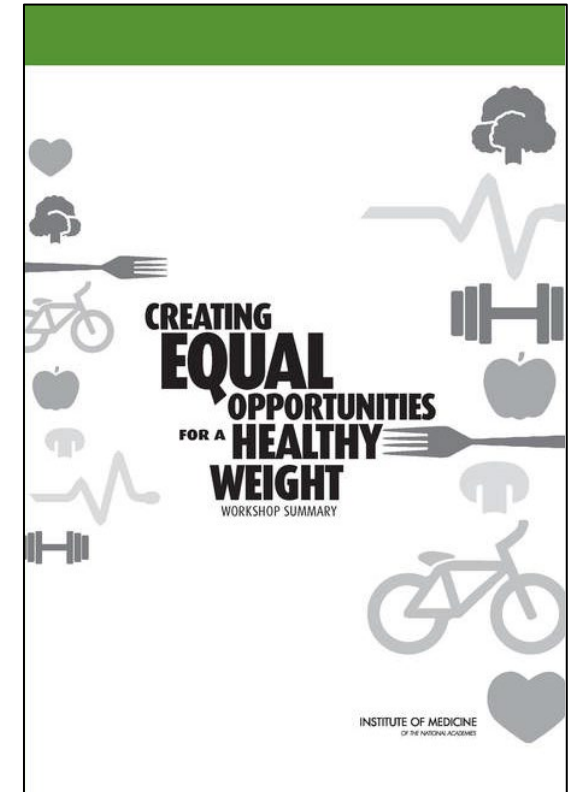
Facing the Equity Gap



The five environments identified in the strategy for accelerating progress **can differ substantially for individuals, families, and communities**

Specifically, **characteristics linked to social exclusion or discrimination** affect opportunities for physical activity, healthy eating, health care, work, and education

People in certain racial and ethnic groups and people with low incomes live in communities that lack health-promoting resources and other conditions that contribute to chronic stress



Adapted from IOM Accelerating Progress in Obesity Prevention, NAP 2012 and IOM. Creating equal opportunities for a healthy weight: Workshop summary. NAP 2013.



Established
2014)